Mix and Match Snacks for the Child Care Menu  
(Snacks require 1 food from 2 food groups)

Link to OSPI – CACFP for the most current Meal Pattern Serving Sizes and other CACFP Guidelines.

Modify raw fruits and veggies for children under 4 – Refer to Choke Prevention on the CCHOP website.

Breads & Grains
1-5 yrs = 1/2 oz eq.  
6-12 yrs = 1 oz eq.
- Crackers (whole grain)  
- Pretzels  
- Popcorn  
- Tortillas/corn and flour  
- Low sugar cereal (< 6 gms sugar)  
- English muffins  
- Bagels/bagel chips  
- Bread sticks  
- Brown Rice Crackers  
- Rolls or buns  
- Pita pockets/pita chips  
- Chapatti  
- Naan  
- Bread (whole wheat)  
- Muffins – homemade  
- Injera (Teff grain)  
- Ramen/Soba noodles

Meat & Alternatives
1-5 yrs = 1/2 oz eq.  
6-12 yrs = 1 oz eq.
- Bean dip/spread  
- Pumpkin and sunflower seeds  
- Tuna fish  
- Yogurt (< than 23 gms sugar)  
- Cheese, sliced, grated, string  
- Cottage cheese  
- Eggs, egg salad  
- Tofu sticks  
- Sliced or chopped meat  
- Nut butters

Fruits & Vegetables
1-5 yrs = 1/2 c, 6-12 yrs = 3/4 c
- Apple  
- Apricot  
- Applesauce  
- Banana  
- Berries,  
- Avocado  
- Peach  
- Melon  
- Pear  
- Pineapple  
- Orange  
- Grapefruit  
- Cherries  
- Plum  
- Nectarine  
- Kiwi,  
- Tangerine  
- Prunes  
- Raisins  
- Dates  
- Pumpkin  
- Mango  
- Papaya  
- Guava  
- Asparagus  
- Carrots  
- Broccoli  
- Cauliflower  
- Peas  
- Celery  
- Jicama  
- Radish  
- Celery  
- Peppers  
- Romaine lettuce  
- Cucumber  
- Corn  
- Eggplant  
- Fruit or Vegetable salsa

Dairy
1-5 yrs = 1/2 c, 6-12 yrs = 3/4 c
- 1% Milk  
- Yogurt (< than 23 gms sugar)  
- Cottage cheese  
- Hard cheese slices  
- String cheese  
- Soy milk w/ Vit. D/Calcium  
- Rice milk Vit. D/Calcium

Combination Foods
- Fruit smoothies  
- Fruit parfaits  
- Fruit plate w/yogurt dip  
- Apple w/cheese  
- Chopped vegies w/yogurt & herb dip  
- Sliced fruit w/cinnamon dip  
- Corn chips w/salsa, bean dip  
- Flour tortilla roll-ups  
- Pita bread w/tuna  
- ½ hard boiled egg, sliced melon  
- Cucumber chips w/hummus  
- WW Toast w/ nut butter  
- Bread stix w/Marinara sauce  
- English muffin w/avacodo, tomato slices  
- English muffin pizza  
- ½ baked potato with salsa/cheese  
- Celery sticks with sunbutter  
- Oranges sections and wheat crackers  
- Pineapple rings or pear half with cottage cheese  
- Bell pepper slices, sesame sticks, yogurt/herb dressing  
- Seed and dried fruit mix  
- Salad Bar w/ seeds, cheese, croutons, assorted veggies  
- Ramen noodle soup w/tofu

Child Care Health Outreach Program  
3020 Rucker Avenue, Suite 104  
Everett, WA 98201-3900  
childcarehealth@snohd.org, 425.252-5415  
https://www.snohd.org/Child-Care-Providers

kl (1/2019)